

**Carers, caring and respite care**

**ပုၤကဟုၤကယၢ်ကွၢ်ထွဲတၢ်အတၢ်ကဟုၤက  
ယၢ်ဒီးတၢ်ကဟုၤကယၢ်လၢတၢ်  
အိၣ်ဘျးတဖၣ်ဖိအဂီၢ်**

Being a full-time carer can be rewarding, but also challenging.

Victoria has a wealth of support services to help those that are carers and those being cared for. The term "carer" can refer to paid and unpaid professional and lay carers.

Professional carers are people who are trained and paid to look after people, but many carers are family members looking after older parents, their child, or their partner. Or carers can be friends or neighbours.

As well as family members, partners, friends and neighbours caring for someone, there are a number of different professional carers known as care workers.

Paid carers include home care workers, personal care workers, and disability support workers.

All personal care workers in Victoria must have a Certificate Three in home and community care or related area such as disability or aged care, with the relevant personal care and first aid competencies.

Aged care workers, for example, provide care and support to older people in residential facilities, clinics, hospitals, and private homes.

They help with personal care, such as showering, dressing and eating, domestic duties, preparing meals and cleaning, and managing illness, such as helping a person with medicines.

“What my job involves more is to look after residents’ three basic needs. The first one is their physical needs. The second one is social

တၢ်ကဲဆၢကတီၢ်အပူၤပုၤကဟုၤကယၢ်ကွၢ်ထွဲတၢ်န့ၣ်ကဲထီၣ်တၢ်မံၤသ့ၣ်မံၤသးသ့ၣ်ဒၣ်, ဘၣ်ဆၣ်မ့ၢ်တၢ်လၢအတၢ်ဒီးပုၤကဟုၤကယၢ်လီၤ.

ဝဲထီၣ်ပုၤကဟုၤကယၢ်အိၣ်ဘျးဒီးတၢ်တိၤစၢၤမၤစၢၤတၢ်မၤန့ၣ်ခဲးတဖၣ်လၢအထူးအတီၤဝဲလၢတၢ်မၤစၢၤမၤပုၤကဟုၤကယၢ်ကွၢ်ထွဲတၢ်တဖၣ်ဒီးပုၤကဟုၤကယၢ်ကွၢ်ထွဲအီၤတဖၣ်အဂီၢ်လီၤ. တၢ်ကတိၤလၢပုၤကဟုၤကယၢ်ကွၢ်ထွဲတၢ်န့ၣ်ဘၣ်ထွဲလိာ်အသးဒီးန့ၣ်ဘျးန့ၣ်လဲၤဒီးတၢ်န့ၣ်ဘျးန့ၣ်လဲၤအပူၤပုၤကဟုၤကယၢ်ဒီးပုၤကဟုၤကယၢ်အိၣ်ဘျးဒီးကံၢ်စိတၢ်သ့ၣ်တၢ်ဘၣ်တဖၣ်သ့ၣ်န့ၣ်လီၤ. ပုၤကဟုၤကယၢ်ကွၢ်ထွဲတၢ်န့ၣ်နီၤတဖၣ်န့ၣ်မ့ၢ်ပုၤကဟုၤကယၢ်ဟ့ၣ်အီၤတၢ်သိၣ်လိာ်ဒီး ဟ့ၣ်ဘျးဟ့ၣ်လဲၤအီၤလၢကကွၢ်ထွဲပုၤ, ဘၣ်ဆၣ်ပုၤကဟုၤကယၢ်ကွၢ်ထွဲတၢ်အါဂၤန့ၣ်မ့ၢ်ဟံၣ်ဖိဖိလၢကွၢ်ထွဲ မိၢ်ပၤသးပုၤ, အဖိ, မ့တမ့ၢ်အသးသမုၢ်တၢ်လၢကံးတဖၣ်န့ၣ်လီၤ. မ့တမ့ၢ်ဘၣ်ဒီးပုၤကဟုၤကယၢ်ကွၢ်ထွဲတၢ်မ့ၢ်ဝဲဒၣ်တံၤလၢကံးဒီးပုၤကဟုၤကယၢ်ကွၢ်ထွဲတၢ်န့ၣ်လီၤ.

ဒ်သိးဒီးဟံၣ်ဖိဖိတဖၣ်, သးသမုၢ်တၢ်လၢကံးဒီးပုၤကဟုၤကယၢ်ကွၢ်ထွဲတၢ်န့ၣ်နီၤအိၣ်ဘျးကလုာ်လၢဘၣ်တၢ်သ့ၣ်ညါအီၤဒ်ပုၤမၤတၢ်ဖိလၢကဟုၤကယၢ်ကွၢ်ထွဲတၢ်တဖၣ်လီၤ.

ပုၤကဟုၤကယၢ်ကွၢ်ထွဲတၢ်လၢန့ၣ်ဘျးန့ၣ်လဲၤန့ၣ်ပုၤကဟုၤကယၢ်ဒီးပုၤမၤတၢ်ဖိကဟုၤကယၢ်ကွၢ်ထွဲတၢ်လၢဟံၣ်လၢအီၤ, ပုၤမၤတၢ်ဖိကဟုၤကယၢ်ကွၢ်ထွဲနီၤခိၣ်နီၤကစၢ်ဒီးတၢ်တိၤစၢၤမၤစၢၤကွၢ်ဂီၤကွၢ်ပုၤမၤတၢ်ဖိတဖၣ်လီၤ.

ပုၤမၤတၢ်ဖိကဟုၤကယၢ်ကွၢ်ထွဲနီၤခိၣ်နီၤကစၢ်ကိးဂၤဒဲးလၢဝဲထီၣ်ပုၤကဟုၤကယၢ်အဘၣ်အိၣ်ဘျးဒီးလိာ်အုၣ်သးအပတီၢ်သၢလၢဟံၣ်ဒီးပုၤတၢ်ပုၤကဟုၤကယၢ်ကွၢ်ထွဲတၢ်မ့ၢ်မ့ၢ်လၢအဘၣ်ထွဲလိာ်သးလိာ်ကဝီၤဒ်သိးဒီးတၢ်ကဟုၤကယၢ်ကွၢ်ထွဲပုၤကဟုၤကယၢ်ကွၢ်ထွဲဒီးသ့ၣ်ကုသးပုၤတဖၣ်, လၢအိၣ်ဒီးတၢ်သ့ၣ်လၢတုၤလုၤတီၤလၢကြၢၤဘၣ်ဒီးတၢ်ကဟုၤကယၢ်ကွၢ်ထွဲနီၤခိၣ်နီၤကစၢ်ဒီးတၢ်မၤစၢၤဆီန့ၣ်လီၤ.

တၢ်ကဟုၤကယၢ်ကွၢ်ထွဲသးပုၤအပုၤမၤတၢ်ဖိတဖၣ်, အဒိန့ၣ်, ဟ့ၣ်မၤစၢၤတၢ်ကဟုၤကယၢ်ဒီးတၢ်တိၤစၢၤမၤစၢၤဆုပုၤသ့ၣ်ကုသးပုၤလၢတၢ်ကွၢ်ထွဲသးပုၤအလီၢ်တဖၣ် ကသံၣ်ဒၣ်, တၢ်ဆါဟံၣ်, ဒီးပုၤဟံၣ်ဖိတဖၣ်လီၤ.

အဝဲသ့ၣ်မၤစၢၤဝဲဒၣ်ဒီးတၢ်ကဟုၤကယၢ်ကွၢ်ထွဲနီၤခိၣ်နီၤကစၢ်, ဒ်သိးဒီးတၢ်လုၢ်ထံၣ်လုၢ်နီၤ, တၢ်ကူထီၣ်သိးထီၣ်ဒီးအိၣ်အီၤတၢ်, ဟံၣ်ပုၤပုၤမ့ၢ်မ့ၢ်တဖၣ်, တၢ်ကတံၢ်ကတီၤတၢ်အိၣ်တဖၣ်, ဒီးတၢ်ကဆုၣ်ကဆီဒီးတၢ်ရဲၣ်ကျဲၤတၢ်ဆုးတၢ်ဆါဒ်သိးဒီးတၢ်မၤစၢၤပုၤကဟုၤကယၢ်ကွၢ်ထွဲဒီးကသံၣ်ကသီတဖၣ်လီၤ.

ယတၢ်မၤလၢပၤသ့ၣ်ဝဲဒၣ်အါတက့ၢ်န့ၣ်တၢ်ကွၢ်ထွဲသးပုၤတဖၣ်အတၢ်လိာ်ဂံၢ်ထံးသၢမံၤန့ၣ်လီၤ. တၢ်တခါန့ၣ်မ့ၢ်ဝဲဒၣ်အဝဲသ့ၣ်နီၤခိၣ်တၢ်လိာ်တဖၣ်လီၤ. ခံခါတခါန့ၣ်မ့ၢ်ဝဲဒၣ်တၢ်ရဲၣ်လိာ်

need. And the third one is psychological emotional needs. We help the residents to be independent, but also be there if they need us to help them. “

While many carers talk of the rewards of being a carer, it is important to consider how much is involved, especially as an unpaid carer looking after a loved one.

There could be reduced income if you give up your job, emotional and physical stress, or feeling isolated.

That's where support comes in.

“There are times where it's a bit challenging. It's great with palliative care, they've got their social workers and so forth, which is a great help for me as well as dad's, and they do a wonderful, wonderful job.”

The Australian government offers support to **carers caring for someone** with a disability or mental illness, with a medical condition, after an illness or accident, or an older person with care needs.

Support is also available to carers of people with a terminal or life-limiting illness, including respite, personal support, financial support, information, education, counselling, networking opportunities.

The carer payment provides financial support to people who cannot work insubstantial paid employment because they provide full-time daily care.

Visit the Department of Human Services to find out more detailed information about carer payments.

There is a range of support to assist carers in the vital role they undertake. For more information,

မှန်လိင်တင်လိင်လီလီ.ဒီးသခါတခါန့ၣ်မ့ၣ်ဝဲဒၣ်သးဂ့ၢ်ပီညါ တၢ်တူၢ်ဘၣ်အတၢ်လိၣ်တဖၣ်လီလီ. ပမၤစၢၤပုၤအိၣ်ဆိးလာ တၢ်ကွၢ်ထွဲအလီၢ်တဖၣ်ဒိးသိးကအိၣ်သဘျဲဒၣ်, ဘၣ်ဆၣ် ပအိၣ်စ့ၣ်ကီးဖဲန့ၣ်ဖဲအဝဲသ့ၣ်လိၣ်ဘၣ်ပုၤလၢပကမၤစၢၤအ ဝဲသ့ၣ်အခါန့ၣ်လီလီ.

ဖဲပုၤကဟုကယၢ်ကွၢ်ထွဲတၢ်အါဂၤတၢ်ဘၣ်ဘးဒီးတၢ်ဟ့ၣ် လၤဟ့ၣ်ကပီၤလၢကဲဘၣ်ပုၤကဟုကယၢ်ကွၢ်ထွဲတၢ်အခါ န့ၣ်, အရူဒိၣ်လၢဘၣ်ဆိကမိၣ်မ့ၢ်အပၣ်ဃုၣ်မၤသကိးတၢ်လံ ထဲလဲၣ်, လီၤဆိဒၣ်တၢ်ဒိပုၤကဟုကယၢ်ကွၢ်ထွဲတၢ်တဂၤ လၢတၢ်န့ၣ်ဘူးန့ၣ်လဲဘၣ်လၢကွၢ်ထွဲပုၤလၢအအိၣ်ဝဲတဂၤန့ၣ် လီလီ.

န့ၣ်မ့ၢ်ညါကွၢ်န့ၣ်တၢ်မၤန့ၣ်တၢ်ဟံန့ၣ်စ့ၣ်လီလီဝဲသ့. တၢ်တူၢ်ဘၣ် ခိၣ်ဘၣ်လၢသးဒီးတၢ်ကိတၢ်ခဲလၢနီၣ်မိ, မ့တမ့ၢ်တူၢ်ဘၣ်ခိၣ် ဘၣ်လၢအိၣ်လီလီဖးဒီးပုၤကဟုန့ၣ်လီလီ.

တၢ်အဝဲန့ၣ်မ့ၢ်အလီၢ်ဖဲတၢ်တိစၢၤမၤစၢၤဟဲန့ၣ်လီလီန့ၣ်လီလီ.

တၢ်ဆၢကတီၢ်အိၣ်ဝဲဒၣ်အကတီၢ်ဖဲတၢ်လၢအတၢ်တဆံး တက့ၢ်လီလီ. တၢ်ကဟုကယၢ်လၢတၢ်မၤမ့ၣ်သးန့ၣ်အဂ့ၤဒိၣ် မး, အဝဲသ့ၣ်အိၣ်ဒီးပုၤဂ့ၢ်ပီအပုၤမၤတၢ်ဖိဒီးအဒိးသိးလိၣ်သး တဖၣ်လၢကဲထီၣ်တၢ်မၤစၢၤဖးဒိၣ်လၢယဂီၢ်ဃုၣ်ဒီးယပၢ်အ ကီၢ်, ဒီးအဝဲသ့ၣ်မၤတၢ်မၤလၢအလီၢ် လီလီလီလး, လီလီလီ လီလီလးတဖၣ်လီလီ.

အိးစံးလၢယၢ်ပဒိၣ်ဟ့ၣ်လီလီတၢ်တိစၢၤမၤစၢၤဆူပုၤကဟု ကယၢ်ကွၢ်ထွဲတၢ်လၢအကဟုကယၢ်ကွၢ်ထွဲပုၤတဂၤကၤလၢ အိၣ်ဒီးက့ၢ်ဂီၤကွၢ်မ့တမ့ၢ်ဘၣ်ဘးဒီးသးတၢ်ဆါဒီးအအိၣ် ဒီးတၢ်ဆူးတၢ်ဆါ, ဆူးဆါမ့တမ့ၢ် ဘၣ်ဒိဘၣ်ထံးဝံလၢအလီၢ်ခဲ, မ့တမ့ၢ်ပုၤလၢအသ့ၣ်ပုၤသးပုၤထီၣ်လၢအလိၣ်ဘၣ်တၢ်ကဟု ကယၢ်ကွၢ်ထွဲတဖၣ်န့ၣ်လီလီ.

တၢ်တိစၢၤမၤစၢၤအံၤတၢ်ဒီးန့ၣ်ဘၣ်အိၣ်သ့စ့ၣ်ကီးလၢပုၤလၢ အကဟုကယၢ်ကွၢ်ထွဲပုၤလၢအိၣ်ဒီးတၢ်ဆူးတၢ်ဆါလၢအက မၤကတၢ်ကွၢ်တၢ်အိၣ်မ့မ့တမ့ၢ်တၢ်ဆါလၢပၢ်ပနီၣ်န့ၣ်ဘး တၢ်အိၣ်မ့ လၢပၢ်ဃုၣ်ဒီးတၢ်အိၣ်ဘူးအိၣ်သါတစါတလီၢ်, တၢ်တိစၢၤမၤစၢၤနီၣ်ခိၣ်နီၣ်ကစၢ်, တၢ်တိစၢၤမၤစၢၤကျိၣ်စ့, တၢ်ဂ့ၢ်တၢ်ကျိၣ်, တၢ်ကူၣ်ဘၣ်ကူၣ်သ့, တၢ်ကတိၤကူၣ်လိၣ် တၢ်, တၢ်ဘျးစဲလိၣ်သးတၢ်ခွဲးတၢ်ယၢ်တဖၣ်န့ၣ်လီလီ. ပုၤကဟုကယၢ်ကွၢ်ထွဲတၢ်အဘူးအလဲဒုးအိၣ်ထီၣ်တၢ်တိစၢၤ မၤစၢၤကျိၣ်စ့ဆူပုၤလၢအမၤတၢ်မၤတသ့လၢန့ၣ်ဘူးန့ၣ်လဲ ဂၢ်ကျၢၤတဖၣ်မ့ၢ်လၢအဝဲသ့ၣ်ဘၣ်ဟ့ၣ်လီလီဆၢကတီၢ်ပုၤ တၢ်ကဟုကယၢ်ကွၢ်ထွဲကီးန့ၣ်ဒဲးအယိန့ၣ်လီလီ.

လဲၤဆူပုၤဂ့ၢ်ပီတၢ်ဟ့ၣ်မၤယူၤတဖၣ်ဝဲၤကျိၣ်လၢတၢ်ဃုထံၣ် န့ၢ်အိၣ်တၢ်ဂ့ၢ်တၢ်ကျိၣ်အလၢအပဲၤဘၣ်ဘးဒီးပုၤကဟုက ယၢ်ကွၢ်ထွဲတၢ်အဘူးအလဲန့ၣ်တက့ၢ်.

တၢ်တိစၢၤမၤစၢၤအိၣ်တဘျးမံၤလၢတၢ်မၤစၢၤပုၤကဟုက ယၢ်ကွၢ်ထွဲတၢ်တဖၣ်လၢမ့ၢ်ဒါအကါဒိၣ်လၢအဝဲသ့ၣ်ဟံးထီၣ် ပီၣ်ထီၣ်တဖၣ်အပူၤန့ၣ်လီလီ.

[betterhealth.vic.gov.au](http://betterhealth.vic.gov.au)

visit: [BetterHealth.vic.gov.au/carers](http://BetterHealth.vic.gov.au/carers)

လၢတၢ်န့ၢ်အိၣ်တၢ်ဂ့ၢ်တၢ်ကျိၤအဂီၢ်န့ၢ်လီၤကွၢ်ဖဲ  
[BetterHealth.vic.gov.au/carers](http://BetterHealth.vic.gov.au/carers) တက့ၢ်.